

Isaiah Wilson

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Tuesday
"Catring Cook"

EXPERIENCE

In N Out Burger, 3102 Sports Arena Blvd—Associate

December 2016-August 2018

My duties included arriving to the store before open, with a crew of 2, and clean the entire store before it's opening.

Cleaning the dining room, restrooms, drive lanes, outside patio, and soda machine. Following proper cleaning procedures.

Remove all dirty laundry and trash to the appropriate space outside.

Follow proper food handling protocols.

Chipotle Mexican Grill, 1025 Camino De La Reina #2-Dishwasher/Prep

September 2015-December 2016

My duties included prepping the food supply for the day to be served.

Cutting/slicing an assortment of vegetables

Marinating different kinds of meat.

Washing the dishes.

Cleaning the BOH/Dining room.

Take out trash when necessary.

Close the store with others.

J & W services, San Diego, CA— Laborer

January 2015- Present

Assist the journeyman with various projects.

Knowledge of power/hand tools.

Demolition.

Fencing.

Painting.

Trash hauling.

SKILLS

Excellent customer service.

Knowledge of hand/power tools.

Responsible, respectful.

Time/goal-oriented work ethic.

AWARDS

People to People Student
Ambassador program reward.

LANGUAGES

English

Strongheart Plumbing, Point Loma, SD, CA—Assistant

May 2018- Present

Assist the journeyman with plumbing services.

Knowledge of parts/tools for the job.

Use hand/power tools.

Learn code regarding plumbing.

Accomplish tasks on my own according to my skill level.

Helix High School, La Mesa, CA—Diploma

Graduated-June 2011

San Diego City College, San Diego, CA—Some College

August 2011-August 2015

Prep Cooks Test

Multiple Choice (1 point each)

- C 1) A gallon is equal to _____ ounces
- a. 56
 - b. 145
 - c. 32
 - d. 128
- d 2) Mesclun are what type of vegetable?
- a. Roots
 - b. Beans
 - c. Salad Greens
 - d. Spices
- d 3) What does the term braise mean?
- a. Sear quickly on both sides
 - b. Slowly cook in covered pan with little liquid
 - c. Cook on high heat and quickly
 - d. Slowly cook in simmering water
- b 4) At what internal temperature must chicken be cooked so that it is safe to eat?
- a. 155 degrees F
 - b. 165 degrees F
 - c. 175 degrees F
 - d. 185 degrees F
- a 5) How do you blanch vegetables?
- a. Immerse for a short time in boiling water
 - b. Cook lightly in butter over med heat
 - c. Soak in cold water overnight
 - d. Rub with salt before cooking
- a 6) Which of the following ingredients would you pack before measuring?
- a. Olive Oil
 - b. Salt
 - c. Brown Sugar
 - d. White Sugar
- a 7) What is Al Dente?
- a. Firm but not hard
 - b. Soft to the touch
 - c. Very hard
 - d. Very soft
- a 8) Food should be left out no more than
- a. 2 hours
 - b. 3 hours
 - c. 4 hours
 - d. 5 hours
- C 9) Which is the improper way to thaw frozen food?
- a. In the fridge
 - b. In a sink with cold water
 - c. On the counter
 - d. In the microwave

Prep Cooks Test

- b 10) Which of the following can you use to put out a grease fire?
- a. Baking Soda
 - b. Baking Powder
 - c. Flour
 - d. Water
- b 11) What is the temperature range of the danger zone?
- a. 25-135
 - b. 40-140
 - c. 50-160
 - d. 30-130
- d 12) Which of the following is listed from smallest to largest?
- a. Dice, chop, mince
 - b. Mince, chop, dice
 - c. Chop, dice, Mince
 - d. Mince, dice, chop
- c 13) Which direction should pan handles be turned while cooking on the stove?
- a. Over the fire at all times
 - b. Turned towards you for better control
 - c. Turned towards the right or left at all times
 - d. Over the countertop at all times
- a 14) When you poach something, you cook it with what?
- a. Noodles
 - b. Vegetables
 - c. Liquid
 - d. Oil
- c 15) Which spoon is used to remove fat from soups and stews
- a. Basting Spoon
 - b. Ladle
 - c. Slotted Spoon
 - d. Portion Spoon
- b 16) Which of the following means to cook in a small amount of fat?
- a. Season
 - b. Sauté
 - c. Broil
 - d. Boil
 - e. Fry
- a 17) What is a Julien cut?
- a. Food cut into long thin strips, matchstick
 - b. Food cut into long thin strips then turned and cut into a 1/8' dice
 - c. Food diced into finely chopped and uniform pieces
 - d. Cutting and peeling into oblong seven sided football like shapes
- c 18) To cook a food in a pan without browning over low heat until the item softens and releases moisture.
- a. Sweat
 - b. Boil
 - c. Roast
 - d. Grill

Fill-in the Blank (1 point each)

TEST_Prep Cook (rev. 2015.04.16)

Prep Cooks Test

- 19) salt & pepper are the basic seasoning ingredients for all savory recipes.
- 20) Dice : to cut into very small pieces when uniformity of size and shape is not important.